

# Contagious Respiratory Illnesses

## What you should know

	Seasonal Flu	RSV	COVID-19
Overview	<p>Most people – including children – will recover on their own, but some people will experience severe illness requiring hospitalization.</p> <p>At times flu can lead to death.</p> <p>Flu vaccines are one of the best ways to reduce flu illnesses, hospitalizations and death from flu.</p>	<p>Respiratory Syncytial Virus Infection (RSV) can cause severe infection in some people, including babies 12 months and younger, especially premature babies, seniors, people with heart and lung disease, or anyone with a weak immune system (immunocompromised).</p> <p>In adults and older, healthy children, RSV symptoms are mild and typically mimic the common cold. Self-care measures are usually all that's needed to relieve any discomfort.</p>	<p>COVID-19 can cause severe infection in some people, including children, and can lead to hospitalization and even death. People who have received COVID-19 vaccines can still experience infections, although their risk of severe illness and hospitalization is greatly reduced.</p>
Time from exposure to infection	2 to 3 days	1 to 4 days	2 to 14 days
Prevention	<ul style="list-style-type: none"> <li>• Get vaccinated.</li> <li>• Wash your hands often.</li> <li>• Avoid people who are sick.</li> <li>• Wear a mask in crowded places.</li> </ul>	<ul style="list-style-type: none"> <li>• Wash your hands often.</li> <li>• Avoid people who are sick.</li> <li>• Wear a mask in crowded places.</li> </ul>	<ul style="list-style-type: none"> <li>• Get vaccinated – including updated booster.</li> <li>• Wash your hands.</li> <li>• Avoid people who are sick.</li> <li>• Wear a mask in crowded places.</li> </ul>
Common Symptoms	<ul style="list-style-type: none"> <li>• Body aches</li> <li>• Chills</li> <li>• Cough</li> <li>• Fatigue</li> <li>• Fever</li> <li>• Headache</li> <li>• Sore throat</li> <li>• Stuffy nose</li> </ul>	<ul style="list-style-type: none"> <li>• Cough</li> <li>• Fever</li> <li>• Stuffy/Runny Nose</li> <li>• Decreased Appetite</li> <li>• Young infants may also have:               <ul style="list-style-type: none"> <li>• Decreased activity</li> <li>• Irritability</li> <li>• Breathing difficulties</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Body aches</li> <li>• Chills</li> <li>• Cough</li> <li>• Diarrhea</li> <li>• Fatigue</li> <li>• Fever</li> <li>• Headache</li> <li>• Loss of Smell/Taste</li> <li>• Nausea/Vomiting</li> <li>• Shortness of Breath</li> <li>• Sore Throat</li> <li>• Stuffy/Runny Nose</li> </ul>
What to do if sick	<ul style="list-style-type: none"> <li>• Stay home and away from others.</li> <li>• Cover your cough and sneezes.</li> <li>• Clean and disinfect surfaces.</li> <li>• Consider wearing a mask to help reduce the spread of infection.</li> <li>• <b>Call health care provider.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Stay home and away from others.</li> <li>• Cover your cough and sneezes.</li> <li>• Clean and disinfect surfaces.</li> <li>• Consider wearing a mask to help reduce the spread of infection.</li> <li>• <b>Call health care provider.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Stay home and away from others.</li> <li>• Cover your cough and sneezes.</li> <li>• Clean and disinfect surfaces.</li> <li>• Consider wearing a mask to help reduce the spread of infection.</li> <li>• <b>Call health care provider.</b></li> </ul>
Treatment Options	<ul style="list-style-type: none"> <li>• There are prescription medications that can be used to treat flu.</li> <li>• Start treatment 1 to 2 days after symptoms begin.</li> </ul>	<ul style="list-style-type: none"> <li>• Most RSV infections go away on their own in a week or two. There is no specific treatment for RSV infection.</li> <li>• Prescription medication may be available as a preventative treatment for premature infants at high risk of RSV disease.</li> </ul>	<ul style="list-style-type: none"> <li>• There are prescription medications that can be used to treat COVID if started early.</li> <li>• Talk to your health care provider about treatment options.</li> </ul>
Vaccination	<ul style="list-style-type: none"> <li>• Everyone 6 months and older should get a flu vaccine every flu season.</li> </ul>	<ul style="list-style-type: none"> <li>• There is no vaccine for RSV at this time.</li> </ul>	<ul style="list-style-type: none"> <li>• Everyone 6 months and older should stay up to date with COVID vaccinations.</li> </ul>

